



Zuma's
Paw Prints

DEEDEE & THE IRONMAN

October 6, 2006

Hi Boys & Girls,

I am really excited as I write this report. My great friend, DeeDee Jonrowe is going to participate in a totally different kind of race this month. DeeDee has been a top contender in the Iditarod for years, but she has also participated in many marathons. She loves to run as much as her dogs do. She also won her "race" against breast cancer three years ago. Now she is combining all of that to participate in the Ironman International Championships in Hawaii. She will be one of five athletes chosen by NBC to highlight in their coverage of the race. They will stress the fact that she is a cancer survivor and hopefully promote cancer awareness.



DeeDee Jonrowe
Iditarod Veteran/
Ironman Rookie

Perhaps some of you are wondering what kind of race the Ironman is. Well I did my homework and have information to help you understand just what she will be doing and what the race is about.

The Ironman is a triathlon which means there are three different things the participants must do during the race. In the Ironman, the racers will swim 2.4 miles in the ocean, bike race for 112 miles and then run 26.2 miles.

Athletes can qualify in one of two ways to participate. First, they can win a slot at one of the various U.S. or International qualifying events. They can also receive a slot through the U.S. or International lottery drawings. After being notified that they have the slot, they must pay an entry fee of \$475.00 American. If an athlete withdraws before August 31, they will receive a refund of \$210.00. The race is divided into categories by age group.

When DeeDee started training for this race, all she could do in the pool was the breast stroke which is not what a person needs to compete in a swimming race. She had to learn the freestyle stroke and then her swimming practices when better. Training for this race takes a lot of time. DeeDee has juggled the training with her very full speaking schedule nationally. In fact, DeeDee is on a speaking trip in the lower 48 states right now. She is speaking somewhere all the way until October 19. I think she will be flying to Hawaii from there.

The race has time cut offs for each section of the race. In other words, the participant not only has to finish that part of the race before going on to the next section, but he/she must do it in a certain time frame. The 2.4 mile swim must be completed in no more than 2 hours, 20 minutes. The 112 mile bike section has a cutoff time of 10 hours, 30 minutes and the 26.2 mile run has a cutoff time of 17 hours from the beginning of the race.

The Ironman starts on Saturday, October 21, 2006 and DeeDee's goal, as a rookie, is to just finish the race. For more information, check out the website at <http://ironman.com/events/>.

An interesting side note is that DeeDee, an Iditarod veteran is a rookie in the Ironman and that Bruce Linton, a 2007 Iditarod rookie is a veteran of the Ironman. It will be interesting to watch these two "rookies" with their new sport endeavor.



Bruce Linton, Morrisville, Vermont
Iditarod Rookie/Ironman Veteran

Until next time,



Lots of Tail Wags,
Zuma